

NewsWIC

Fond du Lac County Health Department

Summer 2010

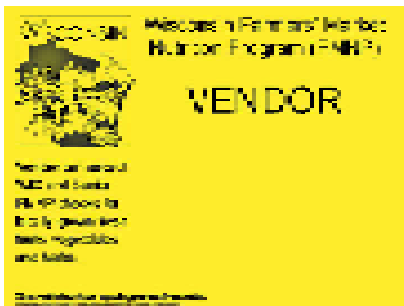
Your Local Farmers' Market

At the farmers' market you will find food grown by family run farms in your area. Visiting your local farmers market is a great way to connect with local farmers and find a wide variety of fruits and vegetables.



Back by popular demand! WIC Farmers Market Checks

WIC is offering farmers' market checks that can be used any time between June 1st and October 30th. You can get free fruits and vegetables when you use your WIC checks. When you shop at the farmers market, several people benefit. Not only does your family and local farmers benefit but you make your local WIC staff very happy as well. Look for the stands with the FMNP Vendor sign:



Why Shop at a Farmers Market?

Here are a few great reasons:

1. **Enjoy Better Tasting Food.** Produce at the farmers' market is exceptionally fresh. Local farmers harvest at peak ripeness and bring it directly to you. The flavors, textures, and colors are noticeably better compared with most supermarket produce.
2. **Get Foods Packed with Nutrition.** Farm fresh food is nutritionally superior. Many factors can affect the level of nutrients in fruits and vegetables, especially when they are harvested and how long they have been sitting.
3. **Support Local Business.** When you shop at a farmers' market, you are buying from small family owned businesses. Your contribution helps them compete with large agriculture farms and also helps your community.
4. **Be Environmentally Friendly.** The less gas used to get your food to you, the less harm to our environment. Locally raised food doesn't travel across the country and uses methods that minimize the impact on the earth.
5. **Have a Fun Outing.** Going to the farmers' market can be relaxing, interesting, and fun. The growers have a wealth of information to share. Children enjoy picking out their own fruit or vegetable. So, take your time, ask questions, and enjoy your experience.

Downtown Fond du Lac offers 2 Farmers' Markets:
Saturdays, May 15 - October 30, 6:30 AM-12:00
City/County Parking Lot at Western and Linden Sts.

Wednesdays, June 2 - October, 2:00 PM - 6:00 PM
Hamilton Park Lot on corner of Division & Sophia Sts.
(across from St. Paul's Cathedral)



What's in Season at the Farmers' Market?

The fruits and vegetables that are available varies with the seasons (early Summer, mid-Summer, and Autumn). Shop early in the morning for the greatest selection.

June	July/ August	September/ October
Strawberries Asparagus Green Beans* Green Onion Lettuce Peas Radishes Spinach Swiss Chard	Apples * Berries Cantaloupe Cherries Watermelon Beets Broccoli Carrots Cauliflower Cucumbers Garlic Green Beans Green Onions Green Peppers Lettuce Peas Spinach Sweet Corn Tomatoes Zucchini	Apples Melons Brussels Sprouts Carrots Garlic Green Peppers Hot Peppers Potatoes Pumpkins Squashes Tomatoes Zucchini
* = Find produce later in the month or in a later month		

How to Cook Vegetables

Steaming: Steam fresh broccoli, cauliflower, green beans, and peas. Fill a pot with 1-½ inches of water and vegetable of choice. Bring to a boil, reduce heat and simmer until tender. When using frozen vegetables bring water to a boil first, and then add vegetables.

Stir-Frying: Stir-fry any of your favorite vegetables on the stove top. Carrots, red peppers, onions, and garlic add flavor and taste great when combined. First place 1-2 tablespoons oil (olive or canola) in fry pan. Add cut-up (bite-size) vegetables to pan. Heat vegetables over medium heat until tender. Frequently stir with spatula to prevent sticking on the bottom of pan. Add tablespoons of water if necessary. Note certain vegetables will take longer than others, especially carrots and green beans. Start frying these first and then add other vegetables that take less time like broccoli, and zucchini.

FDL County Shots Schedule



June

14 (Mon.) 2:00-5:00, City-County Bldg.
28 (Mon.) 4:00-6:00, City-County Bldg.

July

8 (Thurs.) 4:00-6:00, Waupun Hosp.
12 (Mon.) 2:00-5:00, City-County Bldg.
19 (Mon.) 4:00-6:00, Mt. Calvary Holy
Cross Church
26 (Mon.) 4:00-6:00, City-County Bldg.
28 (Wed.) 4:00-6:00, Ripon High School

August

9 (Mon.) 2:00-5:00, City-County Bldg.
23 (Mon.) 4:00-6:00, City-County Bldg.

September

9 (Thurs.) 4:00-6:00, Waupun Hospital
13 (Mon.) 2:00-5:00, City-County Bldg.
20 (Mon.) 4:00-6:00, Mt. Calvary Holy
Cross Church
27 (Mon.) 4:00-6:00, City-County Bldg.
29 (Wed.) 4:00-6:00, Ripon High School

A shot clinic is held in FDL by appointment only on the **last Wednesday of each month from 8:00-11:30 AM**. To make an appointment or if you have any other immunization questions, please call **929-3085**.



Breastfeeding Corner: **Wis. Passes "Right to Breastfeed"** **Bill on March 10, 2010**

The law states: "A mother may breastfeed her child in any public or private location where a mother and the child are otherwise authorized to be. In such a location, no person may stop a mother from breastfeeding her child, direct a mother to move to another location to breastfeed her child, direct a mother to cover her child or breast while breastfeeding, or otherwise restrict a mother from breastfeeding."

A person who interferes with that right is subject to a fine not to exceed \$200 under the current law.